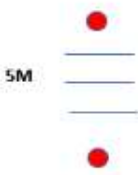


WSSA Locality Fitness KS1 Challenge

This week's challenges are:



KS1 Challenges Summer 2020 Net Games week 2

| Movement | Throwing/catching | Using a bat/racket/hand |
|---|---|---|
| <p>Fast Feet – Ladders</p> <p>Set out 2 markers 5M apart</p>  <p>5M</p> <p>Place 3 T shirts/lines/canes to mark out a ladder evenly spaced in between.</p> <p>Run over the objects putting both feet in each gap (with the rhythm 1,2). Run around the cone and then complete the ladder on the way back. Repeat.</p> <p>Teaching Point: Keep on your toes.</p> <p>Points:</p> <p>12 seconds or faster – 5 points 13-16 seconds - 3 points 17+ seconds – 1 point</p> <p>Submit your best time.</p> | <p>Throwing and catching with a partner.</p> <p>You will need a ball/scrunched up socks or similar and a partner.</p> <p>Stand 2M apart with a partner. How many times can you consecutively throw and catch the ball/socks without dropping them?</p> <p>Teaching points:</p> <p>Throwing: Step forward on your opposite foot when throwing.</p> <p>Catching: Have your hands ready to catch.</p> <p>Points:</p> <p>Over 10 - 5 points 7-9 – 3 points 6 and under – 1 point</p> <p>Submit your best score.</p> | <p>Throw, catch and balance.</p> <p>You will need a bat/racket and a ball/scrunched up socks</p> <p>Put out 2 markers 5M apart.</p> <p>Throw and catch the ball/socks 3 times. Balance the ball/socks onto your bat and run around the marker and back again.</p> <p>Teaching point: Watch the ball carefully when catching and balancing.</p> <p>Points:</p> <p>11 seconds and under -5points Between 12-16 seconds-3points 17 seconds or more – 1point</p> <p>Submit your best time</p> |

More information and videos to help available at:

<https://wssape.weebly.com/ks1-challenges-summer-2020.html>

You can input your results by following this link.

Can Lyndhurst get into the top 5 schools in Worthing?

Results need to be inputted by 12pm Friday 3rd July.

Have fun!